



# Idaho Department of Education USDA Child Nutrition Programs

## State Fiscal Year 2004 Participant Information Report

The Child Nutrition Programs provide cash assistance and commodity foods to ensure children are adequately fed in schools, preschools, child care centers and homes.

The meals provided are guided by the U.S. Dietary Guidelines for Americans 2000. These guidelines provide advice about food choices that promote health and prevent disease, encourage an increased intake of fruits, vegetables and grains, while limiting fat, salt, and sugar.

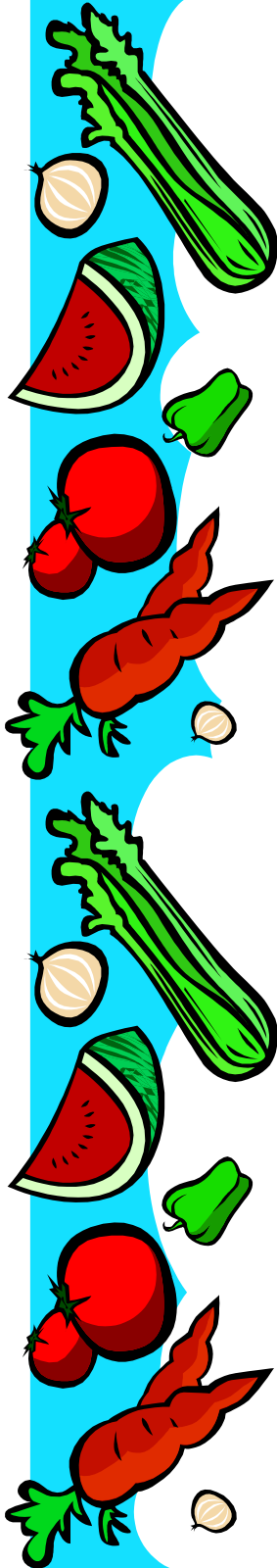
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**For more information contact Child Nutrition Programs at (208) 332-6820  
or visit us on the web at <http://www.sde.state.id.us/child/>**



# **National School Lunch Program**

These programs evolved from the School Lunch Act of 1946. The purpose of the Act was to safeguard the health and welfare of our children and to encourage the consumption of nutritious agricultural commodities. Meals served in these programs provide at least one-third of the Recommended Dietary Allowances (RDA) for various nutrients. USDA regulations state that school lunches must meet one third (1/3) of the RDA for specific dietary components/nutrients by age/grade groups, when averaged over a period of one week. The analysis requirement is for calories, iron, calcium, Vitamin A, Vitamin C, protein, total fat and saturated fat. In addition, based on the weekly average, the percentage of calories from fat must be 30% or less, and the percentage of calories from saturated fat must be less than 10%. Idaho has three additional nutrient requirements for fiber, sodium and cholesterol. Studies have shown that with adequate nourishment throughout the school day, students are more alert and attentive.

Schools that participate in the National School Lunch Program are required to meet nutrient standards established to incorporate the Dietary Guidelines for Americans 2000 and provide healthful meals for children. Federal and state reimbursement is available for all meals served based on the individual family's income eligibility status.

For more information, connect to the USDA Food and Nutrition Services website at: <http://www.fns.usda.gov/cnd/Lunch/Default.htm>

## Lunch Data



| July 2003-June 2004                 |               |
|-------------------------------------|---------------|
| Total Lunches served                | 28,649,411    |
| Meal Reimbursement                  | \$30,738,544  |
| Lunch Program Locations             | 720           |
| Average number lunches served daily | 165,219       |
| Student lunch price range           | \$0.90-\$2.50 |
| Number of Lunch Sponsors            | 157           |
| Lunches served free                 | 9,933,833     |
| Lunches served reduced price        | 3,145,844     |
| Lunches served full price           | 11,432,495    |

## After School Snack Program

This program provides nutritious snacks to children enrolled in educational or enrichment programs offered after the regular school day. After school snacks give children a nutritional boost and draw them into supervised activities that are safe, fun, and filled with learning opportunities.

| July 2003-June 2004   |           |
|---|-----------|
| Snack Program Locations   | 176       |
| Number of Snack Program Sponsors                                      | 58        |
| Snacks served at schools with less than 50% free and reduced students | 127,802   |
| Snacks served free in at-risk locations                               | 351,571   |
| Total Reimbursement   | \$229,081 |



# School Breakfast Program

Breakfast is the most important meal of the day. Statistics show that breakfast increases student achievement and attendance while decreasing classroom problems along with visits to the nurse's office.

Under Provision 2 and 3, the results of the school meal application process for one year—the proportions of students in the free, reduced price and paid categories—are used as the baseline of calculating a school's reimbursements for free, reduced price and paid meals for the following three or four years, depending on the provision selected. The school can use this approach for breakfast, lunch, or both, but schools have found the most dramatic positive effects in breakfast. The school then offers breakfast at no charge to *all* children.

By inviting students to eat for free, schools can remove several barriers to participation. Targeting the entire student body for breakfast decreases the stigma of school breakfasts being for "poor kids" only. In addition, offering breakfasts to all students at no charge allows breakfast to be served in the classroom, an innovation that is winning over even reluctant educators once the educational and behavioral benefits are seen.

USDA regulations state that school breakfasts must meet one-fourth (1/4) of the RDA for specific dietary components/nutrients by age/grade groups, when averaged over a period of one week. The analysis requirement is for calories, iron, calcium, Vitamin A, Vitamin C, protein, total fat and saturated fat. Idaho has three additional nutrient requirements for fiber, sodium and cholesterol. In addition, based on the weekly average, the percentage of calories from fat must be 30% or less, and the percentage of calories from saturated fat must be less than 10%. ***Studies have shown that with adequate nourishment throughout the school day, students are more alert and attentive.***

## Breakfast Data

| July 2003-June 2004                             |               |
|---|---------------|
| Total Breakfasts served                         | 6,716,881     |
| Meal Reimbursement                              | \$6,678,928   |
| Total Breakfast Program Locations               | 598           |
| Average number breakfasts served daily          | 37,109        |
| Student breakfast price range                   | \$0.30-\$1.75 |
| Total Number of Breakfast Sponsors              | 137           |
| Schools Serving Provision 2 or 3 Free Breakfast | 155           |
| Breakfasts served in severe need schools        | 1,815,545     |
| Breakfasts served free                          | 4,487,614     |
| Breakfasts served reduced-price                 | 746,997       |
| Breakfasts served full price                    | 1,482,270     |

For more info go to: <http://www.fns.usda.gov/cnd/breakfast/>



Idaho ranked 39th in the nation during 2001-2002 in serving breakfast to low income children, up from 41st in 2000. Serving more breakfasts to low income children is one of the priorities in Idaho.



## Special Milk Program

This program encourages children to drink milk. It provides reimbursement for milk served to children in public and private nonprofit schools and in nonprofit residential or nonresidential child-care institutions (provided they do not also participate in other federal meal service programs) and camp milk. Children in split-session pre-kindergarten and kindergarten programs are also eligible.

| July 2003-June 2004        |           |
|----------------------------|-----------|
| Number of 1/2 pints served | 1,393,393 |
| Total Reimbursement        | \$181,142 |

For more information go to: <http://www.fns.usda.gov/>



## Child and Adult Care Food Program

The Child and Adult Care Food Program (CACFP) is a federally funded program administered nationally by the Food and Nutrition Service (FNS), U.S. Department of Agriculture (USDA). The primary goal of the program is to provide nutritious meals for children enrolled in childcare centers, outside school hours, After School "At Risk" Snack Programs, centers, homeless shelters, family day care homes and adults enrolled in day care centers.

## Why CACFP Is Important

USDA's CACFP plays a vital role in improving the quality of day care and making it more affordable for many low-income families. Each day, 2.6 million children nationwide receive nutritious meals and snacks through CACFP. The program also provides meals and snacks to 74,000 adults who receive care in nonresidential adult day care centers. CACFP reaches even further to provide meals to children residing in homeless shelters, and snacks and suppers to youths participating in eligible after school care programs.

Organizations that may participate include:

- ◆ **Public and private nonprofit, non-residential day-care centers**
- ◆ **Head Start centers**
- ◆ **Before- and after- school programs**
- ◆ **Public agencies**
- ◆ **Private nonprofit organizations**
- ◆ **Homeless centers**

For more information go to: <http://www.fns.usda.gov/cnd/care/CACFP/cacfphome.htm>

| July 2003-June 2004              |             |
|----------------------------------|-------------|
| Total Meals Served               | 3,913,156   |
| Meal Reimbursement               | \$3,926,106 |
| Number of Childcare Sponsors     | 63          |
| Number of Day Care Home Sponsors | 4           |



| At-Risk Snack Program in the CACFP   |          |
|--------------------------------------|----------|
| Number of At Risk Snacks Served Free | 74,606   |
| At Risk Snack Reimbursement          | \$44,764 |
| Number of At Risk Snack Sponsors     | 15       |

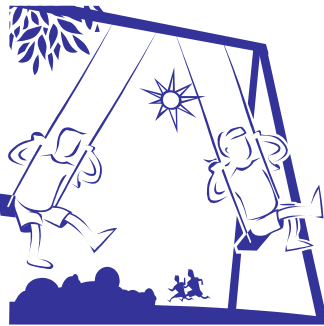
# Summer Food Service Program

Children in your community do not need to go hungry this summer. During the school year, nutritious meals are available through the National School Lunch and School Breakfast Programs. But those programs end when school ends for the summer. The U.S. Department of Agriculture's Summer Food Service Program (SFSP) helps fill the hunger gap.

This program provides nutritious meals to children when school is not in session. Any child 18 years of age or younger may participate. Certain persons with disabilities who are over 18 may also participate.

Meals are available at no cost to children at eligible sites. Sites must meet specific criteria and, except for residential and nonresidential camps, reimbursement is provided for meals served to all attending children. Residential and nonresidential camps are reimbursed for only those meals served to children eligible to receive free or reduced-price lunches at school.

Organizations that serve areas with great economic need are encouraged to apply. Breakfast, lunch, supper and a snack may be served and must meet the requirements of a prescribed USDA meal pattern. For more information go to: <http://www.fns.usda.gov/cnd/summer/>



**Idaho ranks 24th in meals served to low income children in the Summer Program as of July 2003, up from 43rd in 2000. Serving more summer meals to low income children has been and will continue to be a priority in Idaho.**

| October 2003 through Sept 2004 |                |
|--------------------------------|----------------|
| Total Meals Served             | 2,003,231      |
| Number of Sponsors             | 84             |
| Meal Reimbursement             | \$1,991,538.00 |
| Administrative Reimbursement   | \$206,394.35   |
| Value of Commodities received  | \$85,208.92    |







# Nutrition Education and Training Grants

This program provides students, parents, teachers (preschool through secondary) and food service personnel (school and child-care) with a comprehensive approach to nutrition education and training. The objectives of the program are to:

- ◆ Teach children the nutritional value of foods and the relationship between food and health
- ◆ Instruct educators in sound principles of nutrition education
- ◆ Train food service personnel in nutrition and food service management and encourage the use of the cafeteria or child-care eating area as an environment for learning about food and nutrition
- ◆ Develop and use appropriate nutrition materials and curriculums for children, teachers, and food service personnel.

For more information please visit <http://www.fns.usda.gov/tn/>

| Number Trained | Trainings Provided   |
|----------------|--|
| 11             | Building Nutrition Literacy: Teacher Training for the Classroom                      |
| 96             | Serving It Safe Sanitation Workshops   |
| 213            | Healthy Edge 2000 Nutrition Workshops  |
| 44             | National School Lunch and Breakfast Off To A Good Start Workshop for New Supervisors |
| 128            | HACCP Sanitation Training  |
| 90             | Annual Summer Food Service Program Trainings   |
| 249            | Annual CACFP Off To A Good Start/Annual Workshops                                    |
| 220            | Child Nutrition Summit   |
| 11             | Annual Training of Family Daycare Home Sponsors Workshops                            |
| 60             | Cooperative Purchasing Regional Trainings  |
| 41             | Power Panther© Events in Schools and Child Care Facilities                           |
| 35             | Special Needs Diets  |
| 193            | Production Series  |
| 73             | Offer versus Serve   |
| 10             | Blue Ribbon Meals  |
| 35             | NutriKids Production Records   |
| <b>1,509</b>   | <b>TOTAL PARTICIPANTS TRAINED</b>  |



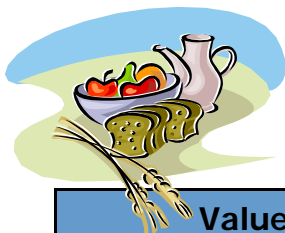
# Food Distribution Program

The USDA's Schools/Child Nutrition (CN) Commodity Programs help American agricultural producers by providing cash reimbursements for meals served in schools, but also by providing nutritious, USDA-purchased food for the National School Lunch Program (NSLP), and the Summer Food Service Program (SFSP).

The Food and Nutrition Service (FNS), United States Department of Agriculture (USDA), is charged with administering the Food Distribution Programs. Through the Food Distribution Programs, USDA purchases foods through direct appropriations from Congress and under surplus removal and price support activities. The foods are distributed to State agencies for use by eligible local outlets, including schools.



Schools and institutions participating in the NSLP, SFSP, and eligible institutions participating in the Nutrition Services Incentive Program (NSIP), formerly the Nutrition Program for the Elderly (NPE), receive USDA commodity meats, vegetables, fruits, grains, and dairy products.



For more information on USDA Commodity Food Distribution Programs, go to the USDA Commodity Food Network at <http://www.commodityfoods.usda.gov/>

| Value of Commodities Shipped  |                |
|---|----------------|
| School Lunch  | \$3,919,235.79 |
| Summer Food Service Program   | \$85,208.92    |
| Senior Citizens Centers   | \$85,353.45    |
| Total Value of Commodities Shipped  | \$4,089,798.16 |
| Of the total value of commodities shipped, \$862,110.95 was further processed into labor-saving products and \$480,000.00 was Department of Defense (DOD) fresh fruit and vegetable purchased from local vendors. |                |



| Number of Programs Served USDA Commodities |     |
|--|-----|
| School Districts                           | 109 |
| State Schools                              | 1   |
| Private & Parochial Schools                | 16  |
| Residential Child Care Institutions        | 12  |
| Summer Food Service Programs               | 65  |
| Nutrition Services Incentive Program       | 60  |
| TOTAL COMMODITY PROGRAMS                   | 263 |

# **IDAHO DEPARTMENT OF EDUCATION**

## **USDA CHILD NUTRITION PROGRAMS**

**STATE FY 2004**

### **PARTICIPATION INFORMATION**

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#### **Child Nutrition Programs**

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#### **Mission Statement**

Safe and Healthy Schools Division provides education, leadership, technical assistance, training, resources, oversight and guidance on policies and regulations to ensure the well-being of all Idaho children, faculty, staff and parents.

#### **Vision Statement**

All Idaho students will have access to a positive and safe learning environment for acquiring the knowledge and skills necessary in making healthy choices that facilitate learning.